



UNC  
HEALTH CARE

# well

LEADING. TEACHING. CARING. | SPRING 2012



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# We're Living Longer and More Actively

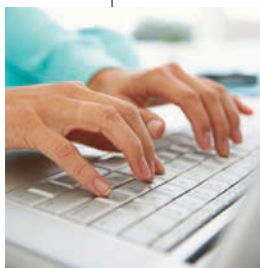
As we hear more about health care costs, one recurring topic is the aging population and the increased health care resources needed to care for this demographic. The good news is that as people are living longer, they are also living more active lives after retirement, which can help them stay healthy longer and avoid some age-related health concerns.

Franklin Boone and his wife Lois are a great example of how making conscious choices about being healthy can have significant benefits. As founding members of UNC Health Care's Mallwalkers program, they are also a testament to the fact that exercise does not have to be strenuous to be effective. Read the cover story starting on page 8 to see how the Boones manage to make exercise a crucial part of their day—every day.

Our Nutrition article in this issue introduces an exciting new program with the Department of Nutrition and Food Services at UNC Health Care. The Black Hat Chefs have created a series of healthier menu items called "On the Lighter Side," which were only expected to be available for a couple of months but were brought back permanently because of the overwhelmingly positive response they received. Find out more about "On the Lighter Side" on page 12.

Please continue to send us your thoughts about *Well* and your ideas for future issues. You can also sign up for a free subscription by visiting [www.unchealthcare.org](http://www.unchealthcare.org) and clicking "Well magazine."

Kind regards,  
Well editorial team  
UNC Health Care



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UNC  
HEALTH CARE



## UNC Hospitals Named 'Top Hospital' for **Patient Safety and Quality**

UNC Hospitals is the only hospital in North Carolina to make the Leapfrog 2011 Top Hospitals list.

Named one of the 65 best hospitals in the United States, UNC Hospitals was designated "Top Hospital" based on the results of the Leapfrog hospital quality and safety survey, which measures hospital performance in crucial areas of patient safety and quality. The Leapfrog Group, which has conducted the survey annually since 2001, is an organization that promotes improvements in the safety, quality and affordability of health care for Americans.

"UNC Health Care is committed to high-quality care and transparency, and the results of those efforts are more and more apparent," says Brian Goldstein, MD, executive vice president and chief operating officer for UNC Hospitals. "This recognition by Leapfrog is yet another benchmark that indicates we are moving in the right direction. Close attention to quality is at the heart of everything we do here for our patients and their families."

## UNC Health Care Opens the First US Clinic for **Angelman Syndrome**

The UNC Comprehensive Angelman Syndrome Clinic opened in February and is the first of its kind in the nation.

Angelman syndrome is related to autism and occurs in one of 15,000 births. It is characterized by intellectual and developmental delay, severe intellectual disabilities, seizures, motor and balance disorders, absent or near-absent speech, and sleep disturbance.

"This is one of the few clinics in the nation dedicated to Angelman syndrome but is unique in including all of the above disciplines, making it a 'one-stop-shop' for these complex cases," says Carolina Institute for Developmental Disabilities (CIDD) Director Joseph Piven, MD, Sarah Graham Kenan Professor of Psychiatry at UNC. "The CIDD is committed to doing research and linking research with clinical practice to bring the best care to our patients."

The new clinic, funded in part by the Angelman Syndrome Foundation, centralizes multiple subspecialties into one setting to address the plethora of medical and psycho-educational needs of individuals with Angelman syndrome and their families.

## UNC Health Care Physicians **Recognized Nationally**

Ronald J. Falk, MD, director of the UNC Kidney Center and chief of the Division of Nephrology and Hypertension, was elected president of the American Society of Nephrology (ASN), the world's largest professional society devoted to the study of kidney disease.

Dr. Falk is an internationally recognized expert on kidney disease and vasculitis who has taught or practiced medicine at UNC for more than 30 years. He also has been recognized as one of the "Best Doctors in America" every year since 1992 and has also had key leadership roles in various ASN programs and committees, most notably as chair of the ASN Education Committee and a member of ASN Council for the last six years.



**Ronald J. Falk, MD**



**A. Wesley Burks, MD**

A. Wesley Burks, MD, chair of the Department of Pediatrics in the University of North Carolina at Chapel Hill School of Medicine and physician-in-chief at N.C. Children's Hospital, was recently elected president of the American Academy of Allergy, Asthma & Immunology.

Dr. Burks is an internationally renowned expert in pediatric allergy and is known as an advocate for improving care for allergy and immunology patients. He has served as a director on the American Board of Allergy and Immunology and recently received the Bret Ratner Award from the American Academy of Pediatrics for his contributions in the field.

PHOTO: PAUL BRALY; TARHEEL IMAGES

## Volunteer Association Celebrates 60 Years

The UNC Hospitals' Volunteer Association celebrated its 60th anniversary in March with a reception at the N.C. Cancer Hospital. The event featured speeches from current and former hospital leaders along with a presentation of the Elaine M. Hill Award for Distinguished Volunteer Service to Rachel Orstad.

Originally known as the Women's Auxiliary, the Volunteer Association was formed by Dr. Robert Cadmus in March 1952. One of the first tasks performed by the volunteers was to wrap bandages in preparation of opening the N.C. Memorial Hospital in September 1952. Since then, volunteers have been



Linda Bowles, director of Volunteer Services, left, and volunteer Kathy Clemmons celebrate the 60th anniversary of Volunteer Services at UNC Hospitals.

instrumental in providing many firsts for the hospital, such as the patient visiting program and the health careers symposium for North Carolina high school students.

Today, the Volunteer Association includes more than 2,100 volunteers, who provided more than 106,000

hours of service to UNC Health Care in 2011. Last year, the Volunteer Association donated more than \$242,930 to the hospital to support various programs and contributes more than \$80,000 annually for scholarships for nursing, allied health students and student volunteers.

## Calling All N.C. Memorial Employees and Volunteers Since 1952



If you have been an employee, a volunteer or a physician at UNC Hospitals and have an interesting story to tell, we want to hear from you! Please visit [news.unchealthcare.org/60thanniversary](http://news.unchealthcare.org/60thanniversary) to share some of your favorite memories.

## Chat with UNC Health Care Doctors ... Live on Facebook!

Recently, community members had the opportunity to learn about heart health during UNC Health Care's first live Facebook chat with Paula Miller, MD, director of cardiac rehabilitation. The chat is still available at [www.facebook.com/unchealthcare](http://www.facebook.com/unchealthcare).

Join John Buse, MD, for a live Web chat Tuesday, May 22, at 12:30 p.m. Dr. Buse will discuss the latest and best approaches to the prevention and management of diabetes. Dr. Buse is chief of the Division of Endocrinology and executive associate dean for Clinical Research with the UNC School of Medicine. Visit [www.facebook.com/unchealthcare](http://www.facebook.com/unchealthcare) and click "Live Chat" to sign up for an e-mail reminder.



# Employees Making a Difference

UNC Health Care recently launched a video series highlighting the volunteer work and community involvement of UNC Health Care's Employee Ambassadors.

Each video in the Healing and Helping series features an ambassador and his or her involvement in the community.

"The purpose of the videos is to highlight what the Employee Ambassadors are doing for the community, and internally, we want to encourage more employees to participate in the program," says Tom Maltais, assistant director of External Affairs for UNC Health Care.

Denise Wisnowski, who is a registered nurse in the Dialysis Unit, was featured during the holidays for her



**Employee Ambassador Denise Wisnowski, left, volunteers with the Chapel Hill Service League to provide local families with gifts for their children during the holidays at the annual Christmas House.**

volunteer efforts with the Chapel Hill Service League to provide Christmas gifts to more than 400 local families in need. The profile of Wisnowski also highlights the ongoing need for volunteers in community organizations and the powerful impact they can have.

The Employee Ambassador program was designed to enhance and

increase employees' community outreach activities. In fiscal year 2010–11, more than 240 ambassadors volunteered more than 6,000 hours with 68 different charities.

To watch the video of Wisnowski and to see other videos in the series, go to [www.youtube.com/uncmedicine](http://www.youtube.com/uncmedicine) and search for "Healing and Helping."

## Veterans Day Recognition



**Retired U.S. Navy Master Chief Lee B. Heavlin, right, presents Robert F. Patton with Chapel Hill American Legion's Legionnaire of the Year award.**

The North Carolina Memorial Hospital was dedicated in 1952 to honor members of the armed forces who have given their lives in service. This past Veterans Day, Nov. 2, UNC Health Care actively participated in that recognition to service members by hosting its first Veterans Day event.

Retired Lt. Col. Dan W. Hassell and retired U.S. Navy Master Chief Lee B. Heavlin spoke at the event and recalled the medical care advancements that have been made in the military since World War II. Also, special recognition was given to one local veteran. The color guard from the UNC Air Force ROTC, members of the local Veterans of Foreign Wars, and employees of UNC Health Care honored Robert F. Patton as the Chapel Hill American Legion named him Legionnaire of the Year and presented him with the Post Adjutant of the Year award.



# Tar Heel Team Builder Bike Ride

Inaugural event raises funds for N.C. Children's Promise

**WILLIAM L. ROPER, MD, MPH**, CEO of UNC Health Care and dean of the UNC School of Medicine, hosted the Inaugural Tar Heel Team Builder bike ride in November. More than 70 hospital and School of Medicine employees, physicians and students gathered at UNC Hospitals'

Hillsborough Campus to participate as cyclists and volunteers. The cyclists collectively logged 1,100 miles and raised \$700 for the N.C. Children's Promise. Dr. Roper hopes to make the Tar Heel Team Builder an annual event. The next bike ride is scheduled for early this summer. ■

## Take Your Sports Training to a New Level



*Specialized testing and evaluation help you maximize your athletic performance*

The Performance Center at the UNC Wellness Center can evaluate your training methods and help you maximize your workouts or racing. The following performance tests are available to athletes of all abilities and to both members and nonmembers.

- VO2 testing
- Microfit health evaluation
- CompuTrainer SpinScan
- Running gait and swim stroke analysis
- RMR testing

**Ready to  
Unlock Your  
Potential?**

For more information,  
contact Kristin Villopoto by  
phone at **(919) 843-2196**  
or by e-mail at **kvillopo@  
unch.unc.edu**.

# From Hospital to Home

BY ALLIE WAGNER

Carolina Care at Home and Convenience Center programs help ease transitions of recovery

**R**ECOVERY FROM ILLNESS or surgery can be a difficult and stressful time, particularly after leaving the hospital. UNC Health Care is helping alleviate some of that stress with Carolina Care at Home, which began in fall 2011.

Carolina Care at Home is an initiative that serves to ease the worry and inconvenience of recovery by improving the transition of patient care and providing patients with the necessary supplies, services and support before they leave the hospital.

“At the core of the program, we are improving the overall transition of a patient’s care and better engaging patients so they can successfully manage their care at home,” says Janet Hadar, vice president of Professional & Support Services. “This is accomplished by coordinating our efforts with a multidisciplinary approach for the patient’s care needs.”

The program was first initiated with the transplant and cardiology departments to integrate the services and procedures into their transitions to home programs. Feedback from those patients has helped improve the services offered by the program, which, ultimately, will be implemented hospital-wide as other departments are added.

Upon arrival at the hospital, transplant and cardiology patients are offered the option of using the Carolina Care at Home program. For patients who choose this coordinated care option, health care providers help simplify their discharge by working with the necessary departments and clinics to prepare their discharge medications, home care appointments, and home medical equipment and supplies.

As an extension of the program, UNC Health Care recently opened the Carolina Care at Home Convenience Center, which is on the ground floor between the N.C. Neurosciences Hospital and the N.C. Cancer Hospital. It serves as a centralized location to enable patients to purchase the medical equipment and home care supplies they will need at home.

“The Carolina Care at Home Convenience Center, which opened in September 2011, provides an additional physical presence to provide merchandise related to personal care recommended by UNC professionals,” says Scott Savage, PharmD, MS, assistant director of the Department of Pharmacy. “The medical products available are continually updated based on the recommendations of our clinical teams and provide items that are required for our patients that may not be available at local retail stores.”

Carolina Care at Home eases the transition from hospital to home by eliminating the frustration of shopping for supplies, coordinating home care services and managing home medical equipment installation. It is this convenience and accessibility coupled with the wide array of services and support that sets this program apart. ■

## Convenience Center Hours

Monday–Friday:  
10 a.m.–7 p.m.

Saturday:  
10 a.m.–2 p.m.

PHOTO: BRIAN STRICKLAND



The grand opening of the Convenience Center on Monday, Oct. 17, 2011, provided patients, families and others with the opportunity to learn about this supportive and useful service through a tour of the center.

## For More Information

If you would like to know more about Carolina Care at Home or the Convenience Center, visit [www.unchealthcare.org](http://www.unchealthcare.org) and search for “Carolina Care at Home.”





# Actively Retired

BY STEPHEN R. WERK


Franklin and Lois Boone are part of an aging generation that keeps busy and fit through frequent walking and other healthy habits

**T**HE IMAGE OF RETIREMENT HAS CHANGED as baby boomers started reaching the phase of life that used to be called the golden years. In general, people are living longer, healthier lives, which allows them to work longer or simply be much more active in their later years. Retirees are not necessarily slowing down and taking it easy. Franklin Boone and his wife Lois are part of this energized generation of retirees.

In 1965, Franklin joined the surgical department at N.C. Memorial Hospital in Chapel Hill as part of a newly established surgical team performing what was then a groundbreaking cardiac procedure: open-heart surgery with the use of a heart-lung machine. As the hospital's chief perfusionist, Franklin was responsible for operating and maintaining the heart-lung machine.

"Franklin had an extremely positive impact on the heart patients treated here as well as the entire operating room staff," says James Bryan II, MD, MPH, who has practiced at UNC Health Care for nearly 50 years. "During his career, he was an integral part of our advancements in open-heart surgery, contributing directly to scores of successful heart operations through his expert control of the heart-lung machine."

At the time Franklin joined N.C. Memorial Hospital, the heart-lung machine was a revolutionary advancement in open-heart surgery. Before its introduction, there was no way to keep a patient alive while working on the heart.



Franklin and Lois Boone, charter members of the UNC Health Care Mallwalkers, start nearly every morning with a brisk, five-mile walk around The Streets at Southpoint mall in Durham.

PHOTOS: HEATHER LAUFFER FOR TAMARA LACKEY PHOTOGRAPHY

The heart-lung machine—also known as a cardiopulmonary bypass pump—temporarily takes over the function of the heart and lungs during surgery, maintaining the proper circulation of blood and the oxygen content of the body, so that the cardiac surgeon can operate on a still, unbeating heart.

Each year, open-heart surgery using heart-lung machines saves the lives of about half a million people in the United States alone.

“It was very exciting to be a part of a new medical treatment that had the potential to save many lives,” says Franklin. “The most rewarding thing was witnessing the positive outcomes. I was able to be a part of something that transformed a seriously sick, very often gravely ill patient to a person who had another opportunity to live an active, high-quality life.”



## The Benefits of Exercise

There are numerous benefits of following a regular exercise program, even for those who have joint pain, back pain, arthritis or osteoporosis. It is also important for people who are recovering from an injury or surgery, such as a joint replacement. Exercise is beneficial to people of all ages, as it helps to lower blood pressure, lower the risks of falls and serious injuries, and slows the body's loss of muscle and bone mass. In addition, exercise helps with the following:

- increased flexibility
- muscle tone
- stronger bones
- improved mobility and balance
- reduced tension and stress
- weight management
- enhanced cardiovascular fitness
- increased high-density lipoprotein (HDL) cholesterol levels (the “good” cholesterol)
- reduced risk of chronic diseases (e.g., type 2 diabetes and certain types of cancer, such as breast cancer and colon cancer)
- reduced joint and muscle pain

Source: UNC Health Care Health Information Library, [healthlibrary.unchealthcare.org](http://healthlibrary.unchealthcare.org)

“Walking has helped [Franklin] maintain the strength and physical fitness needed to keep up with his busy schedule and has been particularly effective in managing his osteoarthritis.”

—James Bryan II, MD, MPH, physician at UNC Health Care

## Staying Busy in Retirement

After nearly 35 years, Franklin retired from UNC Health Care in 1999, but he didn't slow down.

Almost every day for the past nine years, Franklin, who is 69, and Lois, who is 68, have started their morning with a brisk, five-mile walk at The Streets at Southpoint mall in Durham. Both are charter members of Heels in Motion, a mallwalking program introduced in 2002 by UNC Health Care. Each year, the Boones rank among the most active walkers in the program and have been honored several times for walking the most days and miles.

“Going out to walk is really the first thing we think about when we wake up,” says Franklin. “It keeps us feeling fit and energized.”

Heels in Motion is now called UNC Health Care Mallwalkers. When the program was launched almost a decade ago, the Boones were among the 25 original members.

“We were looking for an exercise program we could participate in together to stay fit,” Franklin says. “After being so involved in heart surgery and cardiac care for so many years, I was well aware of the importance of taking care of your heart. The fact that the walking program was administered by UNC Health Care made it that much more appealing to me.”

Today, there are more than 1,000 members. Since the program began, members have walked more than 250,000 miles along The Streets at Southpoint's two established walking routes—one indoor and one outdoor.

## Maintaining Stamina and Strength

With daily exercise, Franklin has noticed a significant improvement in his stamina and the function of his osteoarthritic left knee, which enables him to continue to lead an active lifestyle.

“I work three days a week as a volunteer in a store operated by the Habitat for Humanity of Durham, testing appliances and other equipment, pricing them and getting them out on the floor to sell,” he says. “My walking gets me going on those days when I volunteer. I feel stronger on my feet, and my knee is not as stiff after my walk. It feels more normal



Daily walking keeps Franklin and Lois Boone feeling fit and energized.

with a lot less pain. That makes a difference during those long hours standing.”

Paula F. Miller, MD, clinical associate professor of medicine, director of Cardiac Rehabilitation and director of the Women’s Heart Program at UNC Health Care’s Center for Heart and Vascular Care, says the evidence is clear that walking as part of a consistent exercise program is a great way to stay healthy. “Participating in a mallwalking program keeps you physically active and socially active in an appealing, climate-controlled environment. It shows that you don’t need to buy fancy equipment or join an expensive gym to stay in good shape and reduce your cardiac risks.”

Dr. Bryan, who has known Franklin for more than 40 years as a colleague and his personal physician at UNC Health Care, says he encourages all of his patients to walk or exercise on a routine basis.

“In Franklin’s case, walking has helped him maintain the strength and physical fitness needed to keep up with his busy schedule and has been particularly effective in managing his osteoarthritis.” Dr. Bryan adds that he is glad to see Franklin

taking an active role in maintaining and improving his cardiovascular health, especially since he was so instrumental in helping others regain theirs during his long tenure at UNC Health Care.

For Franklin and Lois Boone, walking is so ingrained in their daily routine that they couldn’t imagine a day without it. “Even when we are out of town on vacation, we’re looking for a place to walk,” says Lois. “We don’t ever want to stop our walking.” ■

## Join a FREE Walking Program

Get started on your healthy lifestyle today by joining UNC Health Care Mallwalkers for FREE! Stop by the welcome center at The Streets at Southpoint, 6910 Fayetteville Road, Durham. The mall opens its doors for walkers Mondays through Saturdays at 8 a.m. and Sundays at 10 a.m. E-mail [community@unch.unc.edu](mailto:community@unch.unc.edu) with questions.



# Spring into the 'Lighter Side'

UNC Health Care's Black Hat Chefs prepare healthier versions of gourmet dishes

**S**pring came early to North Carolina this year, and with the warmer weather and longer days, many people leave behind the hearty comfort foods of winter and look for lighter food options. Patients and families at UNC Hospitals will find that a little easier this year, thanks to the Black Hat Chefs from the Department of Nutrition and Food Services, who have created the "On the Lighter Side" menu items.

"On the Lighter Side" meals are healthier versions of gourmet dishes, designed with less fat, reduced sodium and increased fiber, while still maintaining the perfect balance of flavors, textures and colors. Initially developed for New Year's resolution-makers, "On the Lighter Side" menu items were intended to have a two-month run in the Terrace Café. However, they were so well received that they are now offered permanently there.

In this issue of *Well*, the Black Hat Chefs share their "On the Lighter Side" recipe for caponata, an eggplant dish with roots in southern Italy and Sicily. Eggplant is high in dietary fiber and rich in such vitamins and minerals as folate,

potassium, manganese, vitamin C, vitamin K, thiamine, niacin, vitamin B6, pantothenic acid, magnesium, phosphorus and copper. After cooking, this slightly bitter vegetable develops a rich, complex flavor characterized by subtle sweetness.

This version of caponata contains onion, celery and tomatoes, and is seasoned with olives, capers, and a sweet and tangy sauce. Because eggplant is fairly absorbent, the Black Hat Chefs' take on this recipe uses baked eggplant rather than fried, with equally delicious results. With only 15 calories per serving, caponata can be eaten in liberal doses and used in a variety of ways. It can be served hot or cold and can be used to top

a salad as a replacement for fatty, high-calorie dressings.

Now that we are officially on the lighter side of the year, take some of those extra daylight minutes to prepare this healthy and versatile eggplant dish.

## Caponata

UNC Health Care Executive Chef Sean Dolan provides this healthy, versatile recipe that is full of flavor. It can be served as a side vegetable or as a spread for bread. It can also be stirred into pasta.

### Ingredients

1 eggplant (1 lb.)  
2 tsp. olive oil  
1 onion, finely chopped  
½ c. canned tomato sauce  
¼ c. white wine (optional)  
¼ c. balsamic or red wine vinegar  
1 small stalk of celery, finely chopped  
6 black olives, such as Kalamata, pitted and chopped  
1½ Tbsp. sugar  
1 Tbsp. drained capers, rinsed and finely chopped  
3 Tbsp. chopped fresh parsley  
Salt and freshly ground black pepper to taste

### Directions

**1.** Preheat oven to 400 degrees. Pierce the eggplant with a fork in several places and set on a baking sheet. Bake for 30–40 minutes



THINKSTOCK

or until the eggplant is soft when pressed. Cool for 5 minutes, then peel the skin and discard. Chop the pulp fine.

**2.** In a large saucepan, heat oil over medium heat. Add onions and sauté until softened and beginning to color (about 5 minutes). Add the eggplant, tomato sauce, wine, vinegar, celery, olives, sugar and capers. Simmer, stirring often, until thickened, 10–15 minutes.

**3.** Serve chilled. Stir in parsley and season with salt, pepper and additional vinegar, if desired. Recipe makes about 2 cups.

### Nutritional Information (per tablespoon)

15 calories, 1 g fat, 35 mg sodium.

## Try It! Then Tell Us



Visit our Facebook page and tell us about your experience making this recipe at home: [www.facebook.com/unchealthcare](http://www.facebook.com/unchealthcare).

## More Healthy Meals at the Terrace Café

To try one of the Black Hat Chefs' "On the Lighter Side" meals, please stop by the Terrace Café during lunch hours Monday through Friday.



# Education and Exercise Help Prevent Falls

UNC Health Care works to lower a common risk of injuries in older adults

HANNAH DIXON AND STEPHEN R. WERK CONTRIBUTED TO THIS ARTICLE.



Falls are the leading cause of fatal injuries among North Carolinians ages 65 and older and account for more than 40,000 emergency room visits per year, according to the North Carolina Division of Public Health.

UNC Health Care's Center for Aging and Health works to minimize falls among older adults by providing geriatric education and training through the Carolina Geriatric Education Center. The Center seeks to improve the health of the state's aging adults and partners with the North Carolina Falls Prevention Coalition to study the role exercise can play in fall prevention.

Age increases the risk for falling for a number of reasons. These include physical and/or cognitive deficits such as vision or balance, medication side effects, dizziness and potentially unsafe home environments. As we age, our senses dim and our nervous system begins to deteriorate. The combination of these factors increases the risk of falls significantly.

## Common Causes

Falls can occur anywhere, but most occur in the home. Climbing stairs, getting out of the bathtub, walking in poor lighting, or tripping over a rug can all lead to falls for older adults.

Many older adults are less active now than when they were younger. This sedentary lifestyle often leads to muscle weakness, which can reduce balance and lead to falls. Some medical conditions that are common in old age, such as heart disease, diabetes and thyroid conditions, can also affect balance.

Even with prevention, falls do occur, and older patients require specific treatment to help them recover. For those

patients, the UNC Department of Physical Therapy and Rehabilitation can work with patients and their families to develop a treatment plan for getting back on their feet after a fall. For patients who have been seriously injured, the department offers an inpatient unit as well as subacute nursing home facilities for rehabilitation care.

## Enhancing Balance, Preventing Falls

"A lack of balance is common as our vestibular [balance] system ages with time," says Paul Thananopavarn, MD, assistant professor in the UNC Department of Physical Medicine and Rehabilitation. "Keeping fit and healthy is the best way to prevent falls and enhance balance, and older adults should exercise daily with a focus on balance."

Getting regular exercise improves overall physical condition, making falls less likely. It strengthens muscles and improves agility and balance. For individuals who live independently in their homes, balance training is the most effective way to prevent a fall.

"Walking is an essential and universal form of exercise that helps older adults maintain better balance and strength, which are highly important in preventing falls," says Cristine Clarke, EdD, coordinator at the Carolina Geriatric Education Center. "In addition to improving cardiac function, circulation and memory, walking keeps us moving and on our toes."

Mall walking, Dr. Clarke suggests, is one ideal exercise for older adults to help prevent falls because it is simple and easier on joints, and incorporates fitness as a social experience.

"Integrating exercise into an established routine and already pleasurable activity, such as visiting a mall, is a very valuable approach, and one that is undergoing considerable study," she says. "We're looking at how we can make exercise for seniors more engaging and seamless, rather than something that interrupts your day or is viewed more as a chore."

One of the most important things people can do to help their loved ones who are at risk of falling accidents is to make their environments as safe as possible, even if that means having an expert assess the homes to look for fall hazards. Also, encourage older family members to find some kind of regular exercise routine that will help maintain their balance and strength. Preventing falling injuries in seniors is a very important health concern. ■

## Resources

UNC Department of Physical Medicine and Rehabilitation  
[www.med.unc.edu/phyrehab](http://www.med.unc.edu/phyrehab)

UNC Geriatric Specialty Clinic at the Carolina Geriatric Education Center  
[www.med.unc.edu/aging/cgcec](http://www.med.unc.edu/aging/cgcec)

## For More Information

To learn more about fall prevention and other education opportunities for seniors, visit the Carolina Geriatric Education Center website at [www.med.unc.edu/aging/cgcec](http://www.med.unc.edu/aging/cgcec).



# CALENDAR

Health events, classes  
and support groups  
from UNC Health Care

## Community Classes

Advanced registration is required for all classes, meetings and tours. FREE classes, and Medicaid, UNC student and employee discounts are available (please contact the center for details). For more information or to register for a class, please visit our website at [www.nchealthywoman.org](http://www.nchealthywoman.org) or call (919) 843-8463.

### Prepared Childbirth, also en Español (Clases de Parto)

Learn how to increase your confidence in your ability to give birth and learn various coping strategies and labor techniques. Each class focuses on how mother and partner can work together to have a healthy and positive birthing experience.

### Refresher Childbirth Class

A birth class designed for parents who have already had a child to review the current recommendations and trends. **\$40 per couple**

### Mentoring Other Mothers (MOM) Networking Group

Share your concerns, joys, tips and experiences during these weekly sessions with other new mothers in a relaxed setting, while gaining insight from an experienced mom and a trained facilitator. Free if you attended a UNC Prepared Childbirth course.

### Prenatal Yoga

We offer three- and five-week sessions as a great way for an expectant mom to optimize her health and comfort during pregnancy.

### Prenatal Baby Massage

Learn the gentle art of massaging your baby! Taught in two sessions, this hands-on class will introduce parents/caregivers to the basics of infant massage. Infants ages 1–6 months may participate.

### CPR for Family and Friends, also en Español

A fantastic class that teaches the latest CPR techniques for infants, children and adults and provides information about injury prevention.

### Boot Camp for New Dads

One of our most popular classes—just for men! Our new dads-to-be meet with “veteran” dads and their newborns to learn tips, strategies and advice on changing diapers, soothing crying babies, handling finances, taking care of Mom and more.

### Breastfeeding

Pam Freedman of the La Leche League teaches this essential lactation class that acquaints couples with the basics and techniques of breastfeeding.

### 4th Trimester: Life with a Newborn

Moms-to-be learn some of the basic skills needed to care

for a newborn, such as sleep management, crying and soothing techniques, dealing with illness, etc.

### Baby in the Dog's House

Barbara Long, CPDT (certified pet dog trainer), will reveal the secrets to preparing the family dog for the arrival of a new baby.

### Photographing Your Baby

Dilip Barman, Triangle photographer and instructor, unveils easy-to-use techniques for capturing vibrant photos of your baby.

### Sign Language for Budding Babies

Certified ASLA (American Sign Language Association) instructor Jessica Kelly will help you learn how to enrich your child's speech and language, boost vocabulary, increase self-confidence, and stimulate intelligence through the use of American Sign Language.

### Choosing & Using Child Care

Representatives from our local child-care services department will talk briefly on how to recognize and find quality child care in your community for infants, toddlers and school-age children.

### Maternity & Sibling Tours, also en Español

Tours of our Labor and Delivery and Maternity Care centers are designed to answer your questions concerning the logistics of having your baby at UNC Hospitals. Sibling tours are designed for families with children ages 3 to 8.

### Estrogen and the Menopause Transition: What Every Woman Should Know

Susan S. Girdler, PhD, will present information on the role of estrogen withdrawal in menopausal symptoms, as well as the role of estrogen withdrawal in the increased risk for both depression and cardiovascular disease that occurs in women as they transition to menopause. **Tuesday, May 22, noon–1 p.m.**

### Nutrition Wiz Kidz: Nutrition Education for Preteens—Vibrant Vegetables

Getting proper nutrition can last a lifetime, and starting good habits when we are young helps to ensure that. This presentation will focus on one healthy nutrition topic each month. Come learn about healthy nutrition for 9- to 12-year-olds. **Tuesday, May 22, 5–6 p.m.**

### Fleet Feet Sports Carrboro Introduction to Running Clinics

If you want to take your walk to a run, or introduce running into your fitness journey, attend this clinic to learn training schedules, benefits of walking/running and different shoe technologies and types. Registration is required. **Wednesday, May 23, 6:30–8 p.m., and Thursday, May 31, 12:30–1:30 p.m.**

### Ask the Dietitian—Hot Trends for 2012

Whether you are looking to lose weight or just eat more healthfully, Liz Watt, RD, will have information on what's hot in nutrition this year. Find out what works and what doesn't. **Tuesday, June 5, 9:30–10:30 a.m.**

### Stress Management for a Healthy Lifestyle

Stress causes wear and tear on the body, and generally comes with life changes. Despite its prevalence, there are many

## 19th Annual Senior Health and Fitness Day

Join us to commemorate this special day for seniors by learning how to decide whether to “age in place” or “move on.” This encore program is from the Orange County Department on Aging. **Wednesday, May 30, 12:30–1:30 p.m.**



## Wellness Center Classes

To register for Wellness Center classes, stop by the registration desk at the Wellness Center. For more information, call (919) 966-5500 or visit [www.uncwellness.com](http://www.uncwellness.com).



ways to manage and reduce our stress. Join Jamie McGee as she offers tips on how to maintain a healthy lifestyle through stress management. **Thursday, June 7, 12:30–1:30 p.m.**

#### **Nutrition Wiz Kidz: Nutrition Education for Preteens—Fantastic Fruits**

Getting proper nutrition can last a lifetime, and starting good habits when we are young helps to ensure that. This presentation will focus on one healthy nutrition topic each month. Come learn about healthy nutrition for 9- to 12-year-olds. **Wednesday, June 13, 5–6 p.m.**

#### **Safe Sitter**

This medically accurate baby-sitting preparation program is designed for boys and girls ages 11 to 13 (no exceptions). This nationally recognized program teaches sitters how to handle specific ages, injury prevention techniques, care of the choking child, preventing problem behavior, and the business of baby-sitting. Registration is required. Space is limited. **Thursday, June 14, 9 a.m.–4 p.m. \$45 for members, \$55 for nonmembers**

#### **Fleet Feet Sports Carrboro Trigger Point Clinics**

Trigger point therapy can relieve muscle aches and pains and can also assist with the redevelopment of muscles and restore motion to joints. By using firm massage rollers, foam rollers, a block, a ball and your own body weight, you can feel relief in

your muscles and tendons after one session. **Tuesday, June 19, 12:30–1:30 p.m.**

#### **American Red Cross Blood Drive**

The American Red Cross and the UNC Wellness Center will host a blood drive to allow you to do what you can to help someone in need. Give blood, save a life—donate blood! Sign up at [www.unc.givesblood.org](http://www.unc.givesblood.org) or call (919) 966-5500. **Thursday, June 21, 2–6:30 p.m.**

#### **Safe Sitter**

This medically accurate baby-sitting preparation program is designed for boys and girls ages 11 to 13 (no exceptions). This nationally recognized program teaches sitters how to handle specific ages, injury prevention techniques, care of the choking child, preventing problem behavior, and the business of baby-sitting. Registration is required. Space is limited. **Thursday, July 19, 9 a.m.–4 p.m. \$45 for members, \$55 for nonmembers**

## **Comprehensive Cancer Support Program**

*These integrative medicine services and classes are held in Chapel Hill at Carolina Pointe II, 6011 Farrington Road, or at the N.C. Cancer Hospital's Patient and Family Resource Center. For more information and to register, call (919) 966-3494.*

#### **Yoga**

Whether you are in treatment, a caregiver or a cancer survivor, join us for an exploration of poses and breathing practices for stretching, strengthening and revitalizing the body. **Mondays and Thursdays, 11 a.m.–12:30 p.m.**

#### **Massage for Cancer Patients and Family**

A professional massage therapist with specialized training works with people confronting cancer. Call to schedule an appointment.

#### **Lymphedema Precautions and Prevention**

This class is designed for patients at risk for lymphedema following cancer surgery involving lymph node dissection. **Monthly on the first Wednesday, 1–2 p.m.**

#### **Look Good, Feel Better**

Teaches beauty techniques to female cancer patients in active treatment to help them combat the appearance-related effects of cancer treatment. Call Pam Baker at (919) 843-0680. **Monthly on the third Monday, 10 a.m.–noon**

#### **Relaxation Room, Spa Pod**

A warm, soothing bed that gently loosens tension enhances your ability to deal with stress and tension. Call Pam Baker at (919) 843-0680.

#### **Caregiver Conversations**

The UNC Comprehensive Cancer Support Program is sponsoring a monthly community educational series called Cancer Conversations. Featuring UNC physicians and others, the series is a time intended to help people learn from and talk to cancer experts. **May 8 and 24, June 5 and 21, and July 10 and 26**

#### **Educational Series and Support Program for Single Fathers**

This free monthly educational and support program is open to any single father who has lost his spouse or partner to cancer. Child care will be provided. Registration is required. **Monthly on the third Monday, 6–7:30 p.m.**

## **Support Groups**

Support groups assist patients and family members dealing with a variety of diseases and disorders. For information on where and when the groups meet, contact the person listed below.

#### **Bariatric Surgery**

Tara Zychowicz, FNP  
tarazych@med.unc.edu

#### **Caregivers of Cancer Patients**

Liz Sherwood  
(919) 966-3494

#### **Getting Your Bearings**

Cornucopia Cancer Support Center  
(919) 401-9333

#### **Grief**

UNC Hospice Office, Pittsboro  
Ann Ritter  
(919) 542-5545

#### **Grief Recovery Group**

UNC Hospitals Bereavement Support Services  
Heidi Gessner  
(919) 966-0716

#### **Infertility—RESOLVE Support Group**

Terry Pell  
(919) 631-3697

#### **Living with Metastatic/Advanced Cancer**

(919) 401-9333

#### **Prostate Support & Education Group**

(919) 965-4025

#### **Sanford Center (cancer)**

Enrichment Center, Sanford  
(919) 776-0501

#### **Sanford/Lee County Stroke Support Group**

Joy Phillips Murphy  
(919) 776-0501

#### **Sarcoidosis**

(919) 966-2531

#### **Stroke**

Stephanie McAdams  
(919) 966-9493

#### **Support for People with Oral, Head and Neck Cancer (SPOHNC)**

(919) 401-9333

#### **Triangle Bladder Cancer Support Group**

6011 Farrington Road  
Liz Sherwood  
(919) 843-5069

#### **UNC Neurology Sleep Support Group**

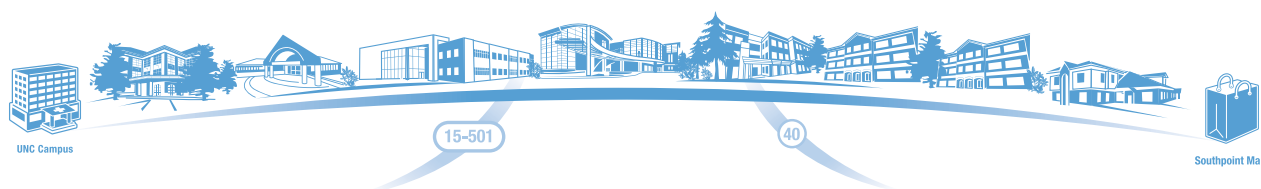
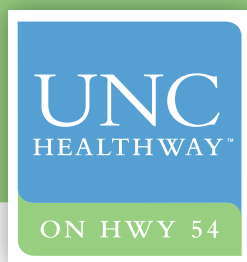
Jeanette Wedsworth  
(919) 966-5500

#### **UNC Nicotine Dependence Program**

(919) 843-1521



# The road to recovery just got more convenient.



Announcing the UNC Healthway. This is health care the UNC way, with many of our outpatient clinics conveniently located along Highway 54 in Chapel Hill. Just minutes from I-40, the UNC Healthway features state-of-the-art facilities with parking only steps away from your clinic's front door. The world-class expertise of UNC Health Care has never been more convenient. The UNC Healthway is one more example of our commitment to making the highest quality medical care more accessible to you.

*Find out about clinics and services available at [unchealthway.org](http://unchealthway.org)*

One number connects you to all UNC services UNC HealthLink at (919) 966-7890



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